NUTRITION

Cook Healthy Meals
for Your Loved Ones

Good health starts at home. Here are tips to help you make healthy meals for yourself and your family.

EAT RIGHT—IT'S GOOD FOR YOU!

Eating healthy can change your life. It's good for your health. It gives you more energy, and it makes you feel better. Healthy food doesn't have to taste bad! The keys to good eating are what you cook, how you cook and how much you serve.

HOW AND WHAT TO COOK

When you fry and roast, you add fat to your meal. Bake, steam, stir-fry and grill instead. Use less salt, fat and sugar when you cook. Here's how:

▶ Replace *salt* with onions or with herbs like basil, parsley, garlic powder, black pepper, cumin and dill.

▶ Replace *fat* with low fat cheese, egg whites and light oils.

▶ Replace *milk* products with soy milk, cream cheese and low fat sour cream.

▶ Replace *sugar* with herbs like cloves, ginger, nutmeg or allspice.

SERVE SMALLER PORTIONS

Meal sizes have grown over the last 20 years. When you eat out, the meal may be many servings of a food. Think in terms of servings when you cook at home.

1 cup of cereal = *a fist*

½ cup of rice, pasta or potato = *½ baseball*

1½ oz. cheese = *2 slices*

½ cup of ice cream = *½ baseball*

1 cup of salad greens = *1 baseball*

1 baked potato = *a fist*

½ cup of fresh fruit = *½ baseball*

3 oz. meat, fish or poultry = *a deck of cards*

3 oz. grilled fish = *a checkbook*

1 pancake = *a DVD disc*

2 tbsp. peanut butter = *a ping pong ball*

1 tsp. butter or spreads = *1 dice*

Think of these rules of thumb when you make food for you and your family. Know how many servings of a food you should eat in a day. Go to: www.mypyramid.gov.

You don't have to load up your family's plates to show you love them. Give them the gift of good health instead.